


Movement and Relaxation Yoga Skill Assessment

Name:	Skill: Dead Bug
Critical Instances	Personal Execution
<div data-bbox="237 459 764 764"></div> <p>Begin in supine position. Inhale and draw knees into chest. Open the knees and bring them towards the armpits. Stack each ankle directly over the knee, so that the shins are perpendicular to the floor. Flex the feet and hold the outer edges of the feet. Exhale and draw the knees towards the floor.</p>	